

Abstract

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Title of diploma thesis: Stress I – Posttraumatic stress disorder

Thesis

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Field: Pharmacy

Background: The aim of this work was to create a historical overview of insight into Post-traumatic stress disorder (PTSD), to describe the major manifestations and the most common situations which they may occur during the development of PTSD, both in the Czech Republic and in selected foreign situations. Another objective was also to establish a comprehensive overview of the therapeutic possibilities of PTSD.

Main findings: PTSD was clearly defined in 1980 in DMS III (Diagnostic and Statistical Manual of the American Psychiatric Association). Post-traumatic stress disorder develops as a reaction to heavy and continuous stress, it interferes with effective mechanisms for dealing with it. This reaction occurs as a delayed or prolonged response to traumatic stressful event. The situation as torture, rape, natural disaster or military action usually exceeds the normal human experience. It is individual for each, this situation causes pervasive anxiety. PTSD usually develops within six months after the event. As the late effects of PTSD can occur depression, panic disorder, bipolar affective disorder, social phobia, substance abuse.

The work describes in detail PTSD for soldiers, because in connection with them began to talk about PTSD for the first time, thanks to specific symptoms, which the soldiers suffered. („Post-Vietnam syndrome“). In other chapters we are talking about PTSD in people who have been raped, people affected by flooding, with the specification of floods in the Czech Republic, we also describe PTSD in individuals exposed to mentally demanding profession.

Conclusion: The treatment of PTSD is needed early psychotherapy, pharmacotherapy. It is an important reconstruction of the traumatic event for individual healing and find an appropriate psychotherapeutic approaches such as supportive, group, psychotherapy or cognitive behavioral therapy.